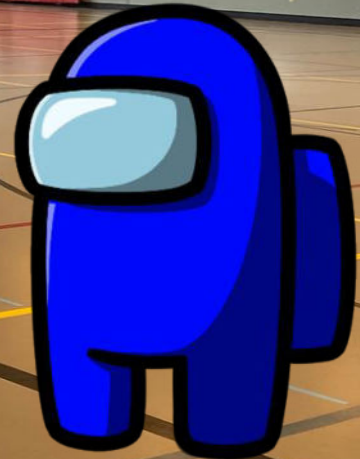


LIVE PE: Week 18

With Mr. Adrian
tanner_adrian@ddsd40.org

Schedule:

1. Muscle of the Week
2. Among Us! #1
PE Style
1. Healthy Living Tip



PE Rule Review

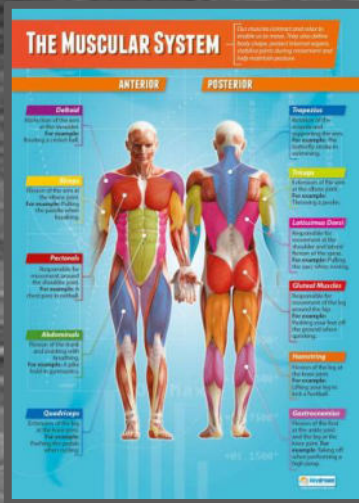


OR

A screenshot of a Google Form titled "Week 13 PE Participation". At the top, there is a red header bar with the text "(AT)" in red and a red marker. Below the header, the form has a white background with a red border. The title "Week 13 PE Participation" is in bold black text. Below the title, the text "Mr. Adrian" is followed by a red asterisk and the word "Required". The form has three main sections: "Teacher" with a dropdown menu labeled "Choose", "Student Name" with a text input field labeled "Your answer", and "What was the muscle of the week?" with two radio button options: "Bicep" and "Tricep".

Video On

Google Form



Muscle of the Week: Deltoid



How to workout our Deltoid?

- Shoulder Touches
- Planks



Our PE Learning Targets



#GOALS





-I can: Participate at an intensity level that will improve my fitness levels.

-I can: Identify the components of health-related fitness.

-I can: Control my body and participate safely.



AMONG US

PANTHER PE STYLE



Created by:
Jason Holzwarth

WELCOME CREWMATES!

HOW TO PLAY:

- 1) EACH ROUND WILL HAVE 4 DIFFERENT CHARACTERS, WITH ONE OF THEM ACTING AS AN IMPOSTER AMONG US.
- 2) YOU WILL HAVE 4 TASKS TO COMPLETE TO HELP YOU FIGURE OUT WHO THE IMPOSTOR MIGHT BE.
- 3) AFTER COMPLETING THE TASKS, A MEETING WILL BE HELD TO DISCUSS WHO IS **KINDA SUS...**

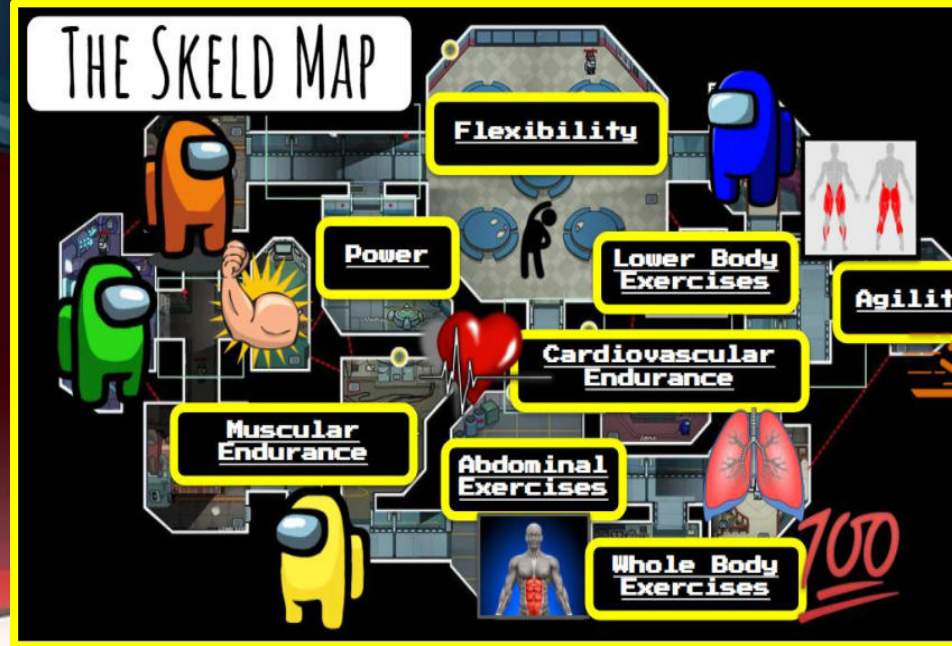
HOW TO PLAY CONTINUED:

4) WE WILL PLAY 4 ROUNDS,
VISITING A NEW ROOM FOR EACH
ROUND.

5) PAY CLOSE ATTENTION TO THE
NAMES AND DESCRIPTIONS OF THE
ROOMS, ALONG WITH WHAT YOUR
BODY IS DOING AS YOU ARE
COMPLETING THE TASKS.

4) WE WILL PLAY 4 ROUNDS,
VISITING A NEW ROOM FOR EACH
ROUND.

5) PAY CLOSE ATTENTION TO THE
NAMES AND DESCRIPTIONS OF THE
ROOMS, ALONG WITH WHAT YOUR
BODY IS DOING AS YOU ARE
COMPLETING THE TASKS.



HOW TO CHOOSE THE

Impostor

AFTER COMPLETING THE EXERCISES AND THINKING ABOUT THE CLUES, YOU WILL CHOOSE YOUR IMPOSTER BY DOING THEIR EXERCISE ONE MORE TIME.

Reveal your guess about who the impostor is by completing their task!



Cardiovascular
Endurance



Who is
the
Impostor?



Victory



IF YOU ARE ABLE TO FIND THE IMPOSTOR FOR THE ROUND, YOU CAN
DECLARE VICTORY! THEN, GET READY TO BEGIN THE NEXT ROUND.

A collection of Among Us characters in a space setting. A red character is in the center, with a green one at the top left, an orange one at the top right, a purple one at the bottom right, and a grey one at the bottom left. A knife is visible near the grey character. The background is dark blue with white stars.

LETS PLAY AMONG US

PANTHER PE STYLE

Crewmate

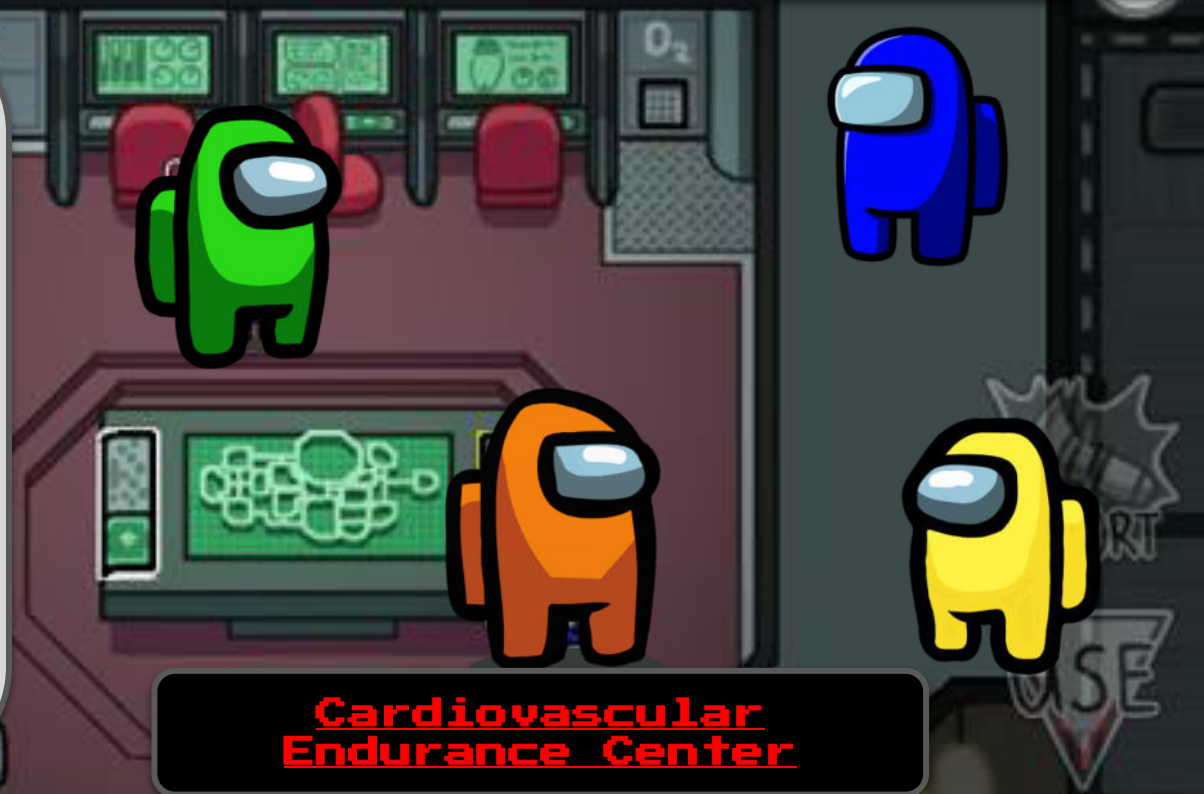
There is 1 **ImPostor** among us



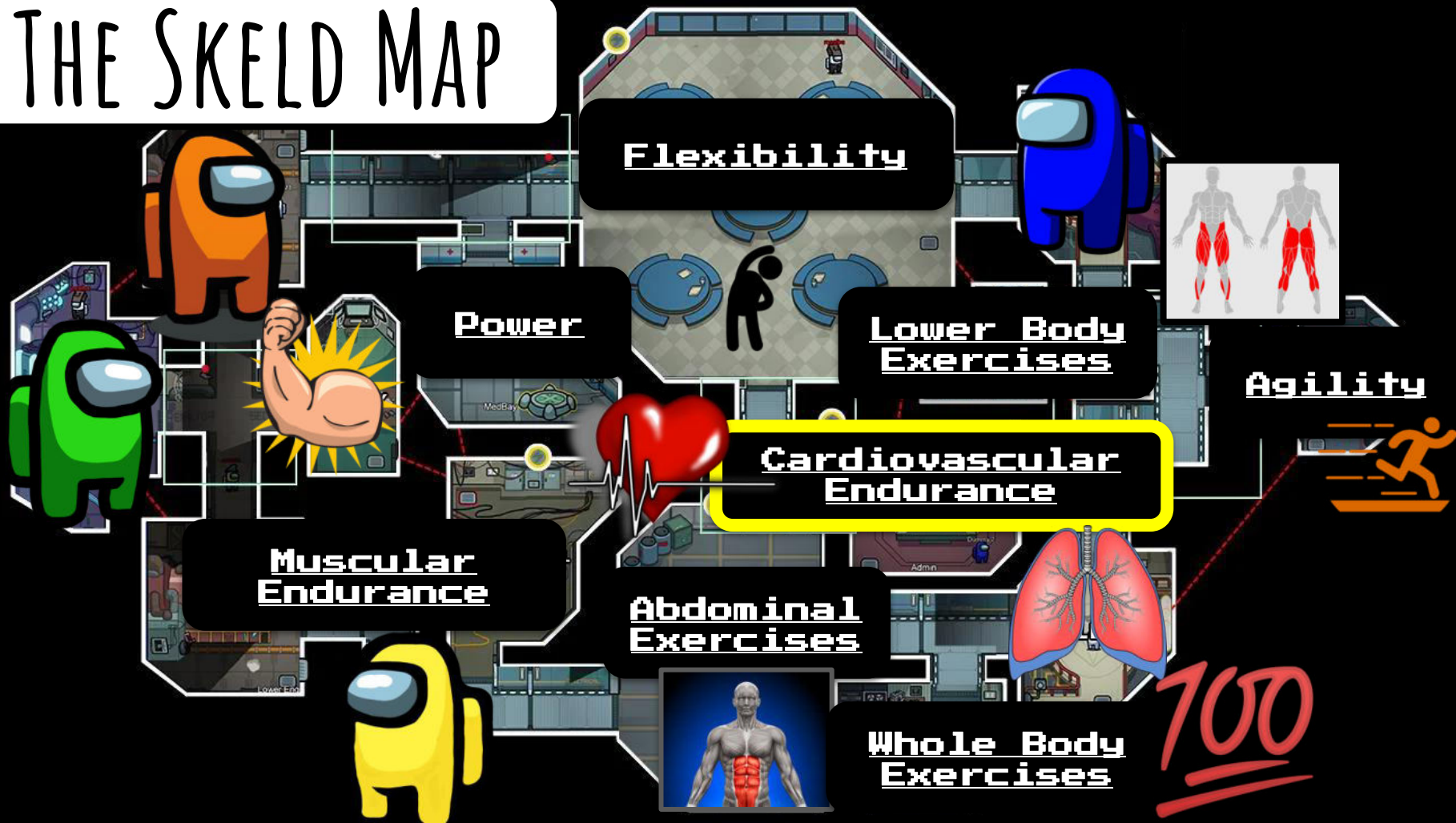
Round # 1: Head to the Cardiovascular
Endurance center to find our first
tasks!

Tasks

- Jumping Jacks
- Run in Place
- Squats
- Scissor Kicks



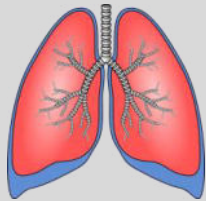
THE SKELD MAP



Cardiovascular Endurance

DEFINITION:

THE ABILITY OF YOUR HEART
AND LUNGS TO WITHSTAND
EXTENDED PERIODS OF
ACTIVITY.



CARDIO ENDURANCE TRAINING:

- STRENGTHENS HEART MUSCLE
- INCREASES LUNG CAPACITY
- REGULATES BLOOD PRESSURE
- REDUCES STRESS/ENHANCES MOOD
- LOWERS UNHEALTHY CHOLESTEROL
- AIDS SLEEP

Green: Jumping Jacks



20

Orange: Run in Place

Task



20

Blue: Squats

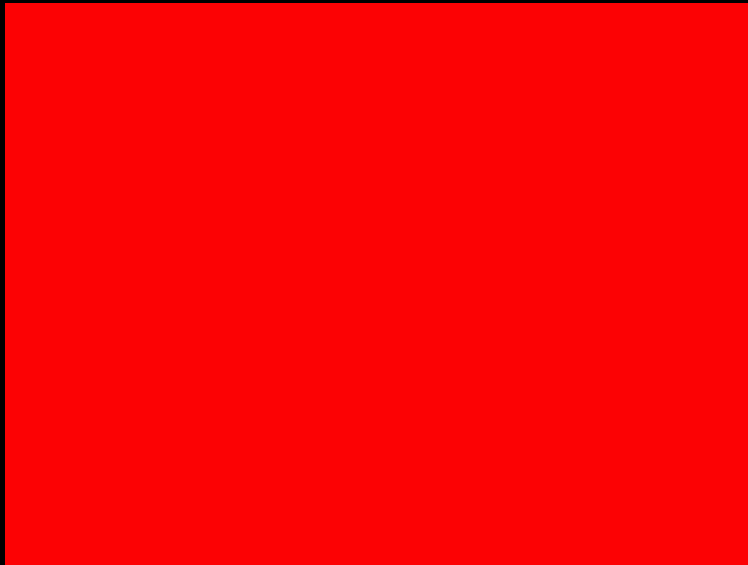


20

Yellow: Scissor Kicks



20



Let's try and find
this
round's PE imposter!



WHICH EXERCISE DOES NOT BELONG IN THIS CATEGORY?

THINK ABOUT:

- THE NAME AND THE DESCRIPTION OF THE ROOM.
- THE PARTS OF YOUR BODY THAT YOU WERE WORKING WITH EACH EXERCISE.
- THE TYPES OF MOVEMENTS YOU WERE COMPLETING.
- HOW YOUR BODY FELT WHEN YOU WERE DONE WITH EACH TASK.

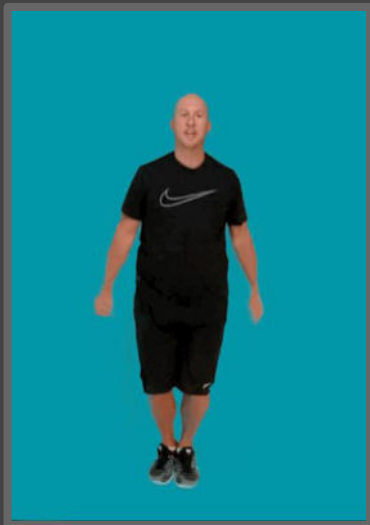
Reveal your guess about who the impostor is by completing their task one more time!



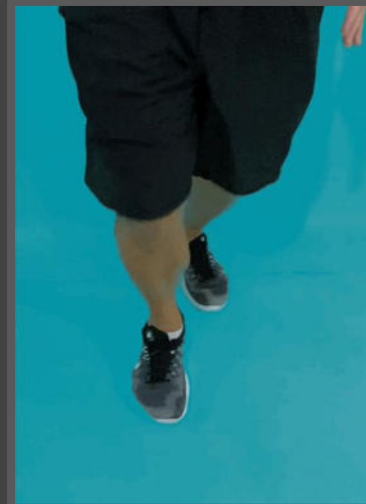
Cardiovascular
Endurance



Who is
the
Impostor?



20



Impostor

SQUATS HELP
IMPROVE MUSCULAR
STRENGTH AND ENDURANCE,
NOT CARDIOVASCULAR
ENDURANCE



Round # 2: Let's head over to

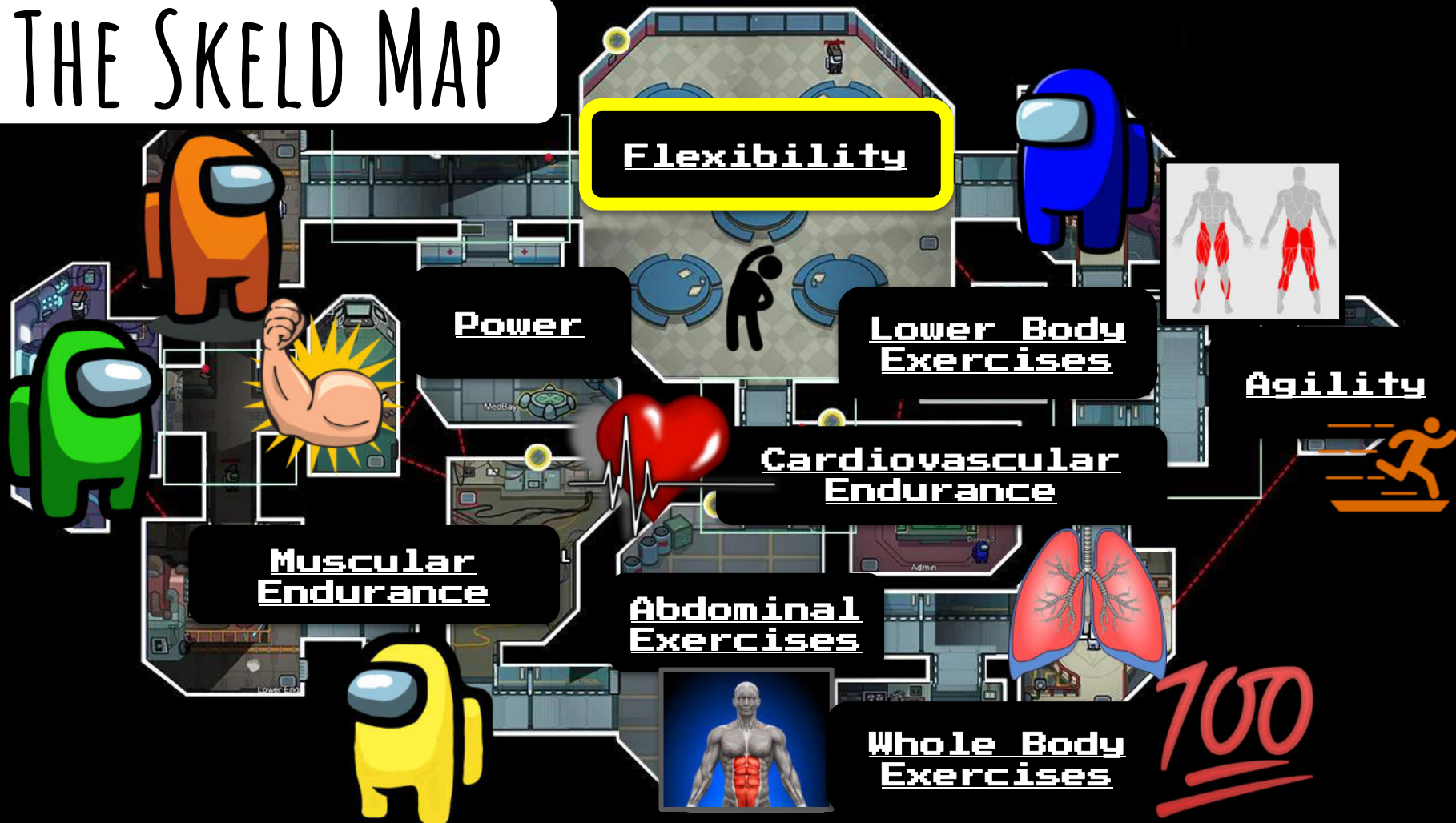
Flexibility and find out our next tasks!

Tasks:

- Lunge Jumps
- Seated Right Leg Stretch
- Butterfly
- Arm Circles



THE SKELD MAP



Flexibility

DEFINITION:

THE ABILITY TO STRETCH,
BEND, AND TWIST EASILY

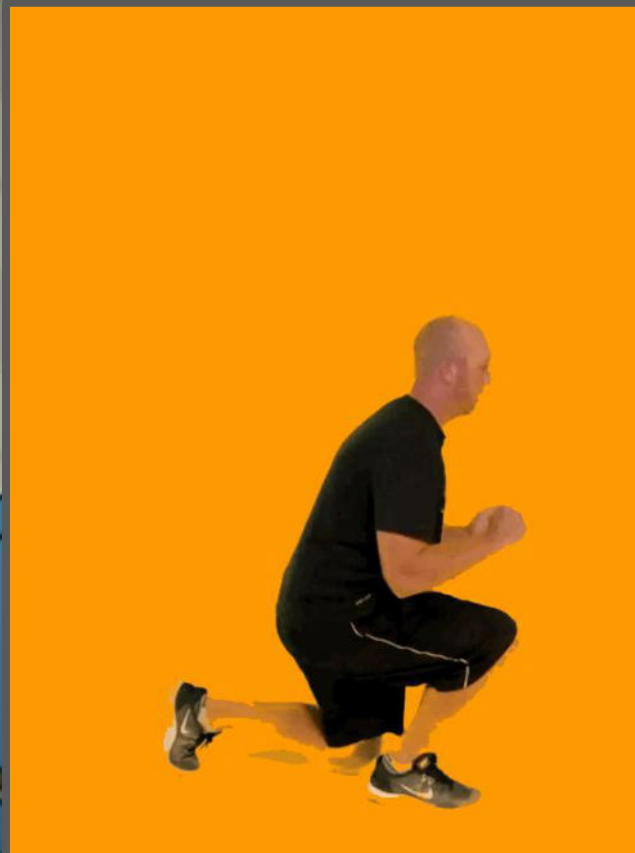


FLEXIBILITY TRAINING:

- INCREASES RANGE OF MOTION
- REDUCES CHANCE OF INJURY
- EASES MUSCLE ACHES, PAINS, AND CRAMPS
- IMPROVES BALANCE AND POSTURE
- IMPROVES BLOOD FLOW
- QUICKENS EXERCISE RECOVERY TIME

Green: Lunge Jumps

Task

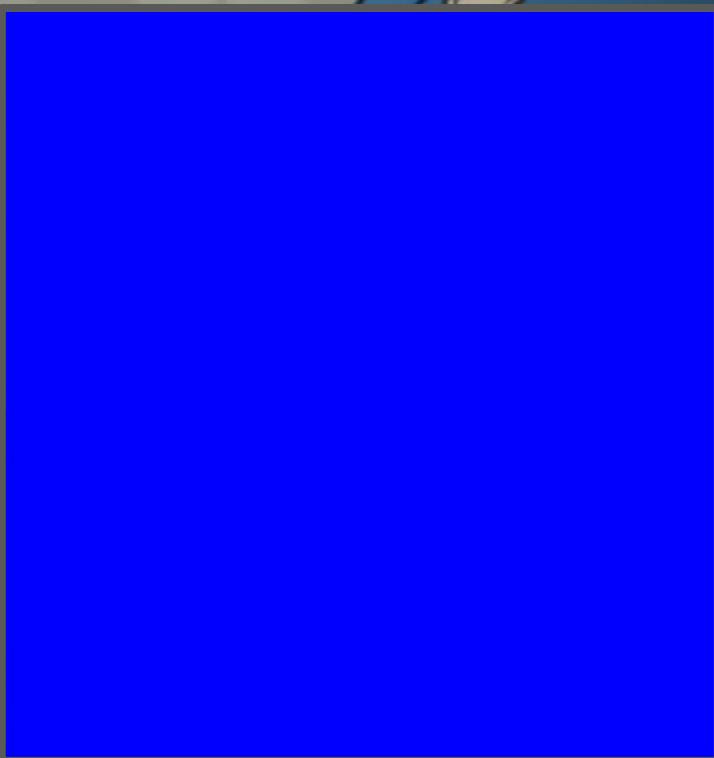


20



Orange: Seated Right Leg Stretch

Task



20



Blue: Butterfly

Task



20

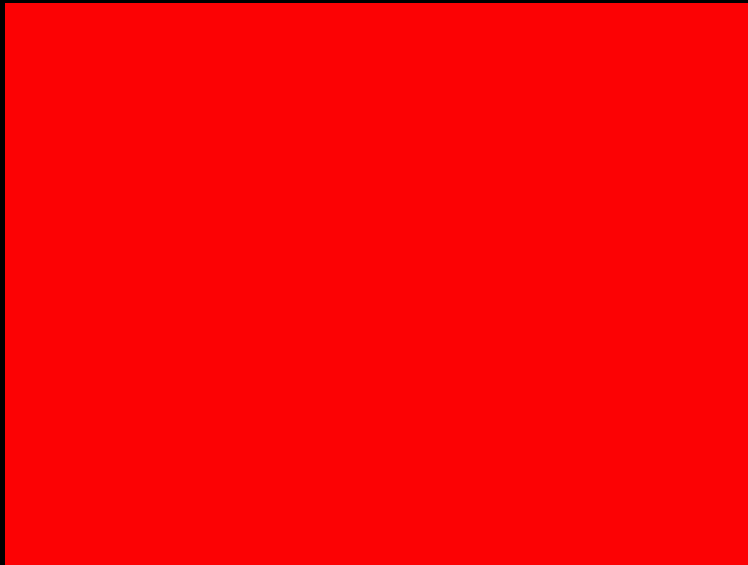
Yellow: Arm Circles



20



Task



Let's try and find
this
round's PE imposter!



WHICH EXERCISE DOES NOT BELONG IN THIS CATEGORY?

THINK ABOUT:

- THE NAME AND THE DESCRIPTION OF THE ROOM.
- THE PARTS OF YOUR BODY THAT YOU WERE WORKING WITH EACH EXERCISE.
- THE TYPES OF MOVEMENTS YOU WERE COMPLETING.
- HOW YOUR BODY FELT WHEN YOU WERE DONE WITH EACH TASK.

Reveal your guess about who the impostor is by completing their task one more time!

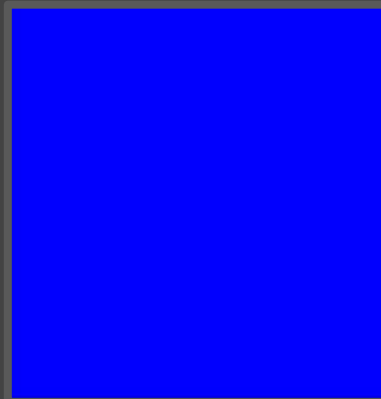
Flexibility

Who is

the

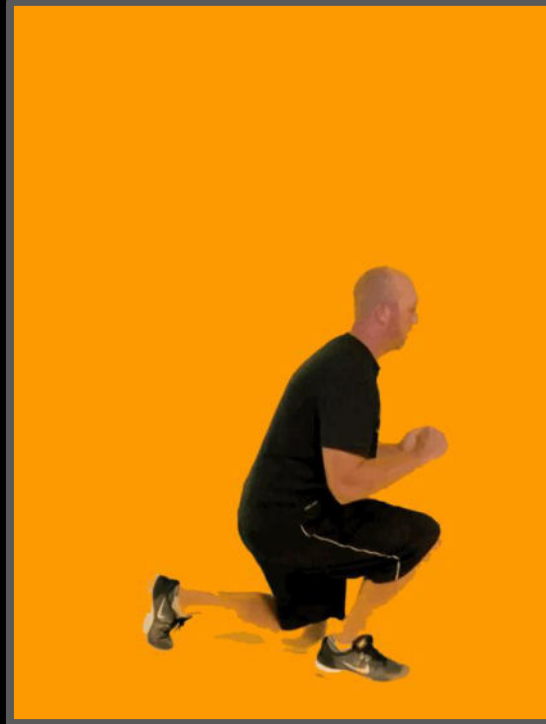
Impostor?

20



Impostor

LUNGE JUMPS HELP
IMPROVE MUSCULAR
STRENGTH AND
CARDIOVASCULAR
ENDURANCE,
NOT FLEXIBILITY



Round # 3: Let's head to Abdominal Exercises and see what's next.

Tasks:

- Flutter Kicks
- Russian Twists
- Suitcase Crunches
- Shoulder Taps



Abdominal Exercises



THE SKELD MAP



Abdominal Exercises

DEFINITION:

STRENGTH EXERCISES THAT
FOCUS ON BUILDING
STOMACH MUSCLES OR "ABS"



ABDOMINAL EXERCISES:

- IMPROVE BALANCE AND POSTURE
- EASE BACK PAIN
- IMPROVE AGILITY AND SPORTS PERFORMANCE
- INCREASE FLEXIBILITY
- HELPS FIRM THE WAISTLINE

Green: Flutter Kicks

Task



20



REPORT

USE

Orange: Russian Twists

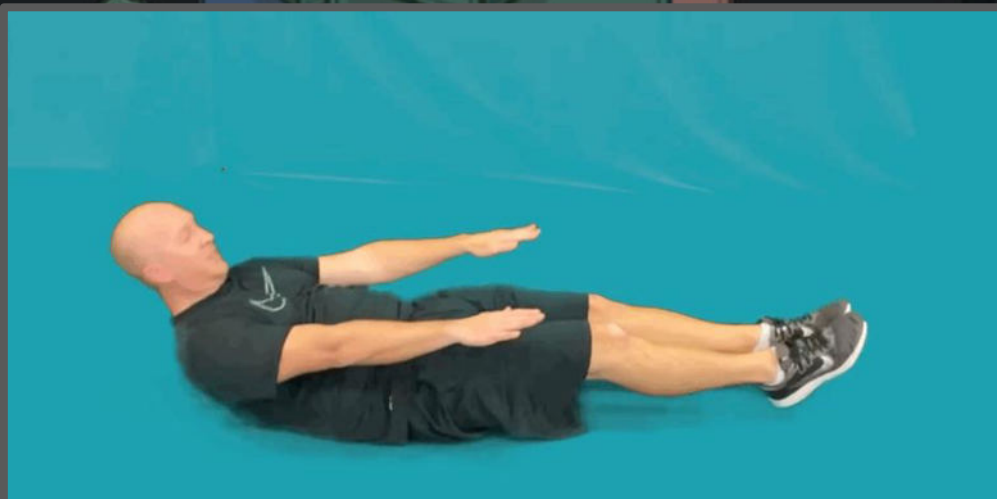
Task



20

Blue: Suitcase Crunches

Task



20

REPORT



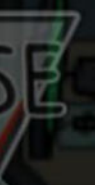
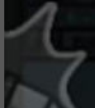
Yellow: Shoulder Taps

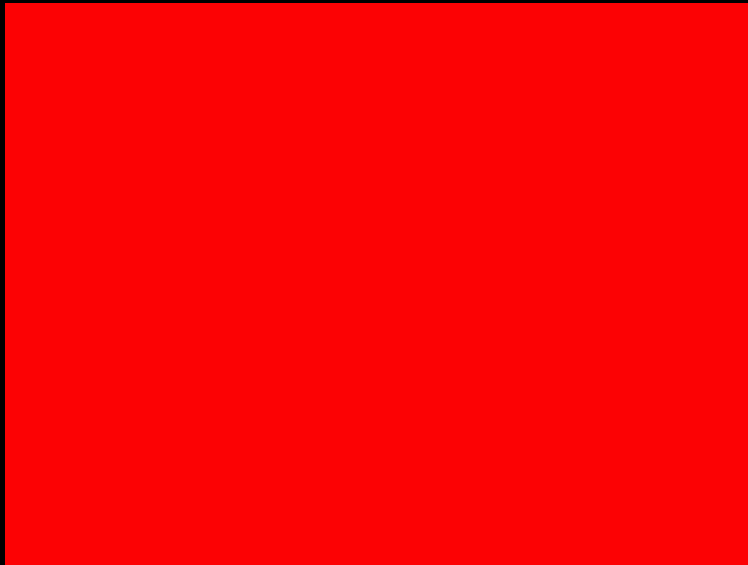


20

REPORT

USE





Let's try and find
this
round's PE imposter!



WHICH EXERCISE DOES NOT BELONG IN THIS CATEGORY?

THINK ABOUT:

- THE NAME AND THE DESCRIPTION OF THE ROOM.
- THE PARTS OF YOUR BODY THAT YOU WERE WORKING WITH EACH EXERCISE.
- THE TYPES OF MOVEMENTS YOU WERE COMPLETING.
- HOW YOUR BODY FELT WHEN YOU WERE DONE WITH EACH TASK.

Reveal your guess about who the impostor is by completing their task one more time!



Abdominal
Exercises



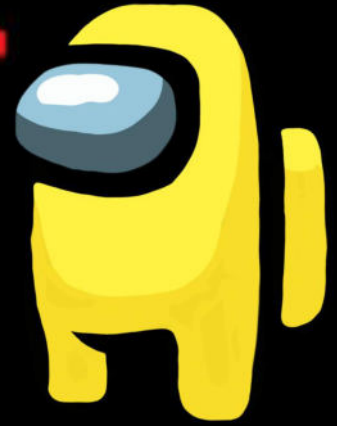
Who is
the
Impostor?



20



Impostor



SHOULDER TAPS FOCUS ON
IMPROVING YOUR UPPER
BODY STRENGTH AND
MUSCULAR ENDURANCE,
NOT YOUR ABDOMINAL
STRENGTH.

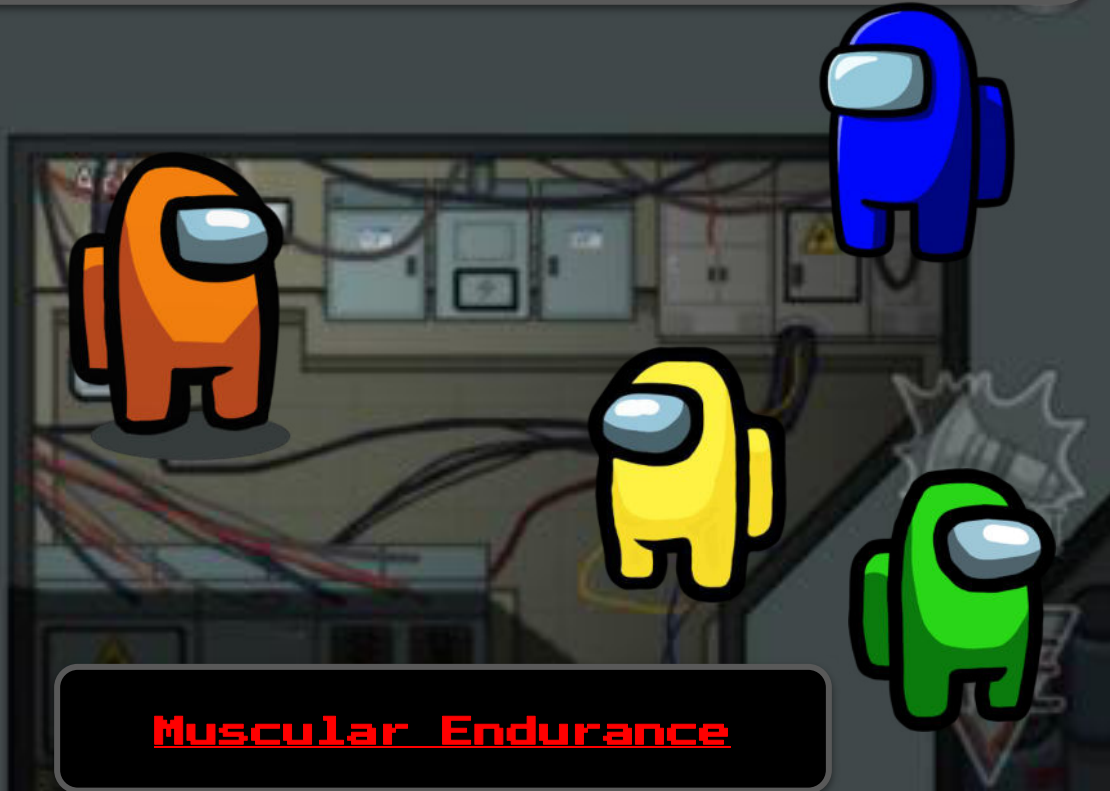


Round # 4: Move onto Muscular
Endurance for our next tasks.

O2: Accept Diverted Power (1/2)

Tasks:

- Push-ups
- Butt Kickers
- Planks
- Lunges



THE SKELD MAP



Muscular Endurance

DEFINITION:

HOW LONG YOUR MUSCLES
ARE ABLE TO WORK WITH A
LIGHT AMOUNT OF
RESISTANCE



MUSCULAR ENDURANCE TRAINING:

- MUSCLES WON'T TIRE AS EASILY
- HELPS BUILD AND TONE MUSCLES
- HELPS MAINTAIN A HEALTHY BODY WEIGHT
- IMPROVES BONE DENSITY
- IMPROVES SPORTS PERFORMANCE
-

Green: Push-ups

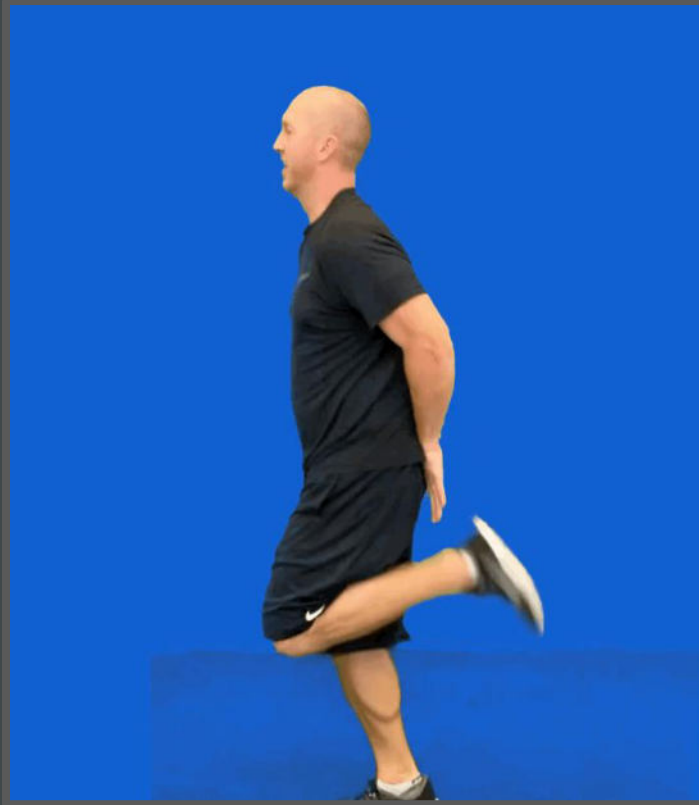


20

Orange: Butt Kickers

MedBay: Inspect Sample
Admin: Upload Data (2/2)
O2: Accept Diver

Task

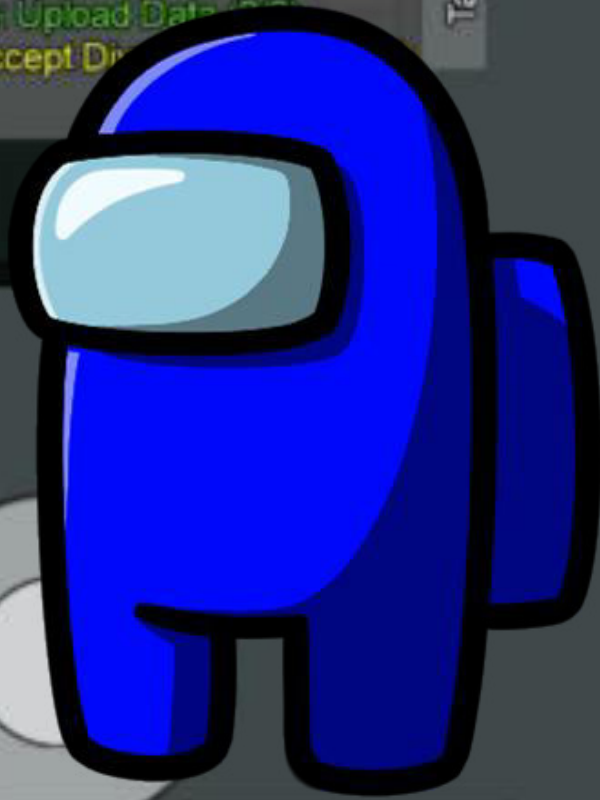


20

Blue: Planks

MedBay: Inspect Sample
Admin: Upload Data
O2: Accept Dr

Task



20

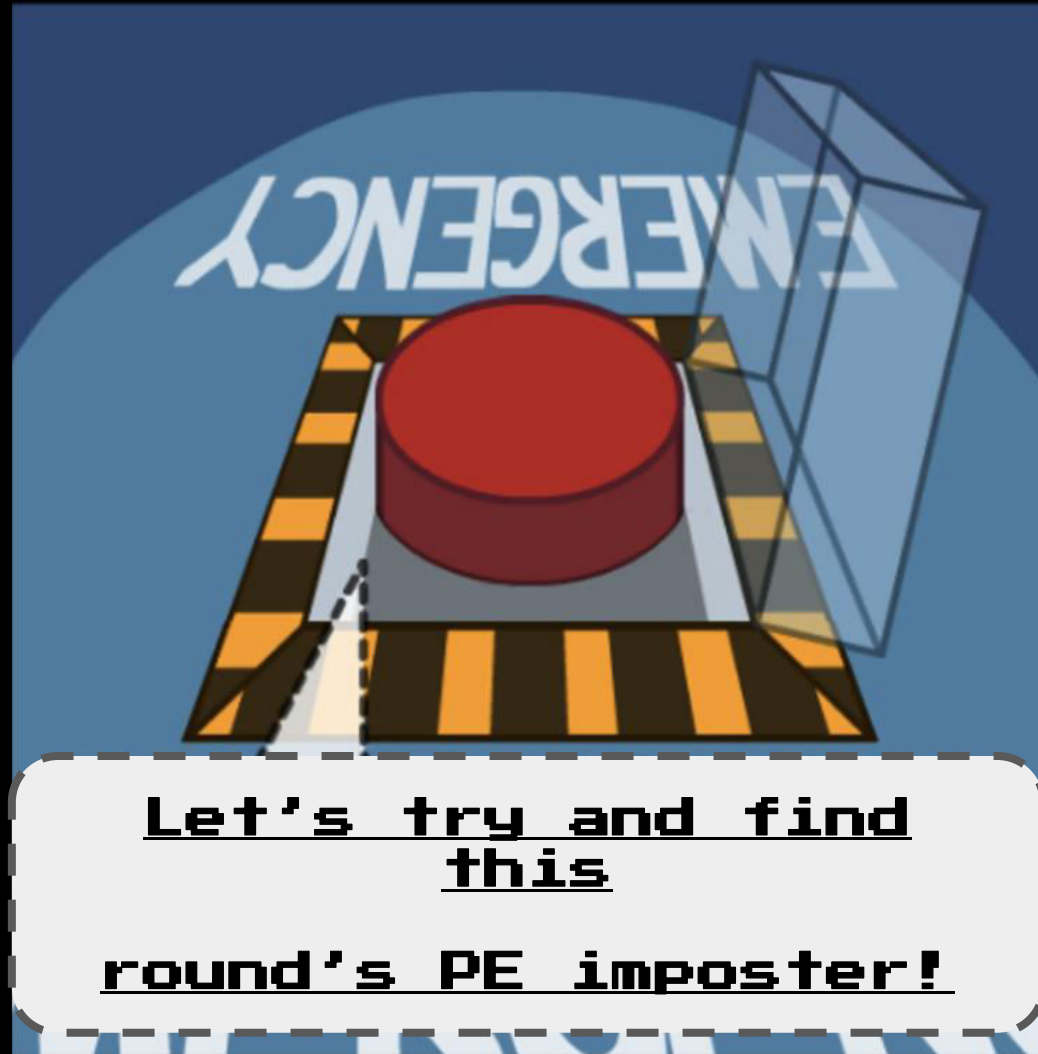
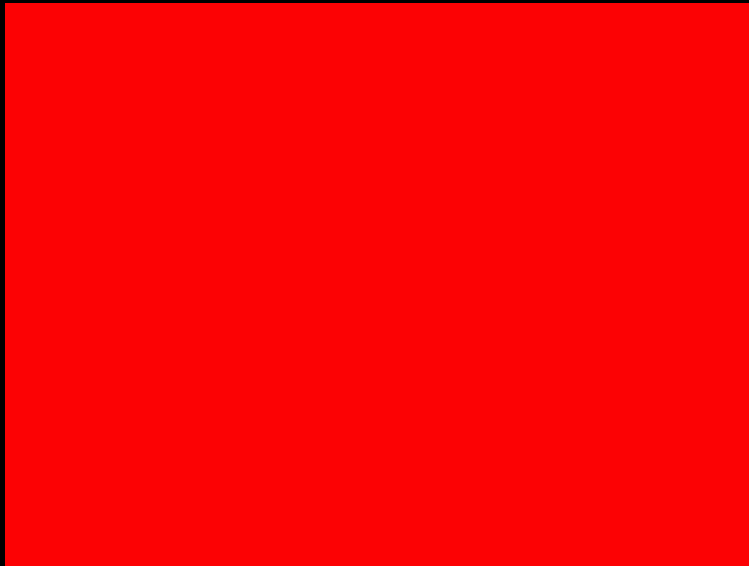
REPORT

USE

Yellow: Lunges



20



Let's try and find
this

round's PE imposter!



WHICH EXERCISE DOES NOT BELONG IN THIS CATEGORY?

THINK ABOUT:

- THE NAME AND THE DESCRIPTION OF THE ROOM.
- THE PARTS OF YOUR BODY THAT YOU WERE WORKING WITH EACH EXERCISE.
- THE TYPES OF MOVEMENTS YOU WERE COMPLETING.
- HOW YOUR BODY FELT WHEN YOU WERE DONE WITH EACH TASK.

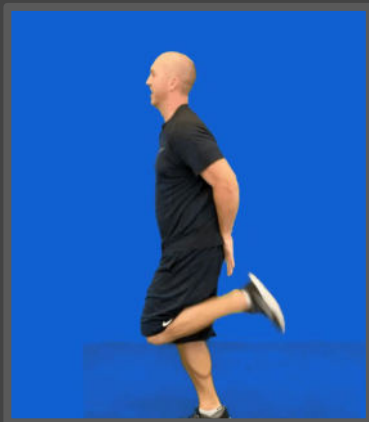
Reveal your guess about who the impostor is by completing their task one more time!



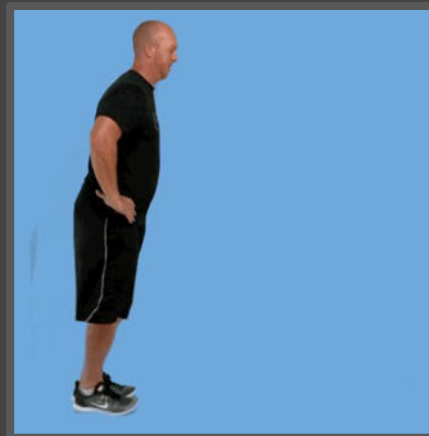
Muscular
Endurance



Who is
the
Impostor?



20



Impostor

BUTT KICKERS ARE A
TYPE OF DYNAMIC
STRETCH, NOT A
MUSCULAR ENDURANCE
ACTIVITY.



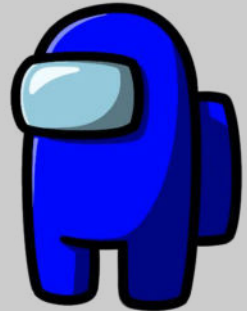
Victory



THANKS FOR PLAYING AND GETTING A GREAT WORKOUT!

HOW DID YOU DO IN PE TODAY?

- A **BIG** part of virtual PE is you taking control and responsibility for your activities. Moving is up to you!
- Mr. Adrian is not there with you, but I am here to cheer you on and help you learn new things about your body and being active.
- It is YOUR body to take care of, so stay active. Not just with Mr. Adrian on Google Meets, but on your own too!
60 minutes a day!
- Let's talk about how PE went for you today...





COACH:

I am able to perform all the skills without any breaks, I can create new challenges for myself, and I will do the activity again



CAPTAIN:

I am able to perform all the skills without taking any breaks and with very few mistakes



TEAMMATE:

I am able to complete the activity, but I made a few mistakes or had to take a break



ROOKIE:

I am still getting used to the activity, and I am having some trouble finishing the challenges